

Bowel Diary

Instructions:

- A bowel diary is a chart that is used to record the amount of food/fluid that you consume, your bowel movements, and presence of bowel symptoms.
- If this is your first appointment with Dr. Maria Giroux, please fill out this bowel diary **over 3 days** (they do not need to be consecutive). **Please complete electronically or print, fill out, scan (or take photographs), and submit the filled out form.**

How to fill out the chart:

- **Date:** the date that you are describing (ex. October 1, 2025)
- **Time:** record using a clock (ex. 7:00PM)
- **Food/fluids consumed:**
 - **Type:** name of fluid/food consumed (ex. Water, toast)
 - **Amount:** volume of fluid that you drank (ex. 250ml)
- **Bowel movement:** write "yes" if you had a bowel movement. Please indicate Bristol stool type.
- **Feeling of incomplete bowel emptying:** write "yes" if you feel that you did not completely empty your bowels.
- **Presence of fecal urgency:** write "yes" if you had a sudden need to have a bowel movement and could not wait for 15 minutes.
- **Presence of fecal incontinence:** write "yes" if you had leakage of stool from your back passage when you did not mean to.
 - Please indicate Bristol stool type.
 - Please indicate a trigger for incontinence of stool (ex. sneezing, urgency). If there was no trigger and leakage occurred on its own, please write down "no trigger."
- **Need to change pad, underwear, or clothing:** write down if you needed to change pad/underwear/clothing due to fecal incontinence.

Example:

Time	Food/fluids consumed	Bowel Movement	Feeling of incomplete bowel emptying	Fecal urgency	Fecal incontinence	Flatal incontinencne	Need to change pad/underwear
6:00AM	Cereal with 250ml of milk	Yes- Type 4	Yes	Yes			
10:00AM					Yes- Type 7 Noticed smearing on underwear, no trigger		Changed underwear



Bristol Stool Chart

Type 1- Constipation

Separate hard lumps



Pebbles

Type 2- Constipation

Lumpy and sausage like



Cluster of grapes

Type 3- NORMAL

Sausage shape with cracks in the surface



Corn on the cob

Type 4- NORMAL

Like a smooth, soft sausage or snake



Sausage

Type 5- Lacking fibre

Soft blobs with clear-cut edges



Chicken nuggets

Type 6- Diarrhea

Mushy consistency with ragged edges



Porridge

Type 7- Diarrhea

Liquid consistency with no solid pieces



Gravy

Reference:

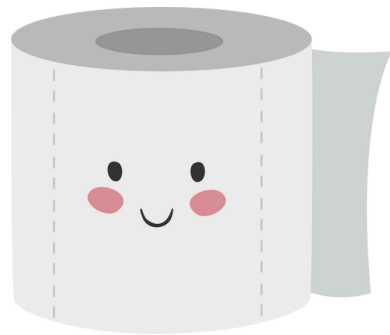
Alicia Wooldridge, M. (2023, June 30). Bristol stool chart: Stool types, sizes & more. K Health. <https://khealth.com/learn/bowel-movement/bristol-stool-chart/>

My Bowel Diary: Day 1

Date: _____

Time I Woke Up: _____

Time Fell Asleep: _____

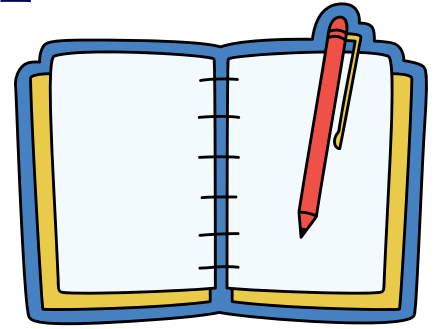
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My Bowel Diary: Day 2

Date: _____

Time I Woke Up: _____

Time Fell Asleep: _____

[illegible]

My Bowel Diary: Day 3



Date: _____

Time I Woke Up: _____

Time Fell Asleep: _____

[illegible]